MOVE!®

Set Your Weight Loss Goals

Writing down your goals will keep you on track. Revise or add to your goals at any time. Start by setting a long-term weight loss goal. Next, set a goal for how much you wish to lose each week. **Losing anywhere from ½ pound to 2 pounds per week is safe.** Then, figure out how long you will give yourself to reach your long-term goal. Weigh yourself daily (or at least weekly) to track your progress.

1. Set your weight loss goal to improve your health.

Start with a goal of 5% to 10% of your current weight. Losing just 5% can improve your health.

I currently weigh _____ pounds.

My long-term goal is to lose _____ % of my current weight, which is equal to _____ pounds.

Losing _____ (½ to 2) pound/s per week, I want to reach my long term goal by _____ *(date)*.

Example: If you weigh 250 pounds, your goal might be to lose 10%, which is 25 pounds. 5% is 12.5 pounds. It is very important to choose a goal you are confident you can reach. You can always reset your goals after you reach them.

SMART Goals

To achieve your long-term weight loss goal, create an action plan to decrease calories and increase physical activity. Here are some tips:

- Goals are a road map to help us succeed. They give us a clear idea of where we want to be and how to get there.
- SMART goals are especially useful.

SMART stands for:

Specific: There are specific actions to take to reach the goal.
Measurable: You know how much to do and when the goal has been achieved.
Action-oriented: You need to take action to achieve your goal(s).
Realistic: The goal is practical, given your resources and time.
Time-based: There is a specific time frame to achieve the goal.

Example: "I will walk up the stairs *(Specific, Realistic, and Action-oriented)*, once daily *(Measurable)* for the next month *(Time-based)*."

2. Set SMART goals to decrease calories in your diet.

What can you do to eat or drink fewer calories?

Examples: "I will have low-fat milk with my cereal every day this week."
"I will drink no more than three cans of sweetened soda per week."

Write them down:

Goal one: _____

_____

Goal two: _____

_____

3. Set SMART goals to increase your physical activity.

As your fitness improves, set new goals.

Examples: "Every day this week I will walk briskly for at least 15 minutes."
"I will take the stairs up to my office at least once each day that I am at work."

Write them down:

Goal one: _____

_____

Goal two: _____

_____